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OTTAWA metro®

Tuesday, March 20, 2012

News worth sharing.

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Man surrenders to cops to face crash charges

Deadly crash. Man faces charges of criminal negligence, impaired driving causing death and leaving scene

Ottawa police have arrested and charged a man with impaired driving, criminal negligence causing death and leaving the scene of a Constance Bay car crash.

Erin Vance, 26, died when a car careened off Bayview Drive and struck her as she was walking home from a St. Patrick's Day party with her boyfriend, Justin Hammond.

Jeremy Rees, 24, turned himself into police and was charged Monday afternoon. Rees will likely be brought before a bail court Tuesday for a first appearance, said his lawyer, Paolo Giancaterino.

"He's in custody now, if the Crown doesn't consent to his release we'll have to set up a bail hearing," said Giancaterino.

Giancaterino refused to comment on a report by CBC that the Ottawa Police Service's lead investigator, Det. Craig Bowman, said police believe Rees may have attended the same party as Vance and may have been friends with her. Bowman did not return calls from Metro.

Hammond told Metro Sunday that he punched the driver of the car following the crash and that the man ran away.

SEAN MCKIBBON/METRO

A wrecked dark blue Subaru sat on Bayview Drive in Constance Bay Sunday as police investigated an early morning collision that killed Erin Vance. MIKE CARROCCETTO/FOR METRO

Community struggles to rebuild

One year after a fire, New Edinburgh neighbourhood anxious to restore community hub PAGE 3

Fish and chips at an old-fashioned public house

Lunch Rush PAGE 18

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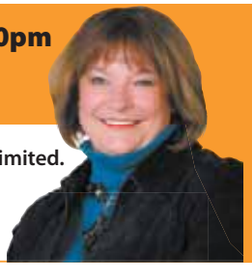

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A year after toxic fire, no sign of plans to rebuild

New Edinburgh. Residents, business owners say they're anxious to restore community hub

GRAHAM LANKTREE
Metro

A year after a toxic blaze in New Edinburgh left two dozen people homeless and 10 businesses in cinders, the community is still struggling to rebuild.

Just before 10 a.m. on March 16, 2011, a fire broke out in the basement of a Home Hardware on Beechwood Avenue and spread swiftly to adjacent stores and apartments on the street.

"This was the hub of the neighbourhood," said Chris Green, owner of the Bread & Roses bakery, which was spared the flames. "We've had a lot of support from our customers, but we sadly miss our neighbours."

Green adds that the property owners are looking to sell the empty lot to a larger developer, but a solid deal hasn't materialized.

The property owners are battling with their insurance company over the value of the property and the subsequent payout, which means it could be two years or more before any rebuilding starts, Green says.

"It really anchored the neighbourhood," said Tim McCoy, a local resident, who hopes future plans will include a rebuilt hardware store. "I always found that store was a real bonus. If you needed one small thing you didn't have to drive out to Home Depot. Everyone I talk to says we've got to get it back."

Down the street, Nature's Buzz, one of the stores that escaped complete destruction, reopened its doors last December in a new location.

"I would be impatient to start rebuilding if I was waiting for that old spot," said Nancy Phillips, owner of the organic grocery. "I understand it will take time. I just hope they build something nice for the community. Everybody is anxious to see what happens."

Chris Green, owner of the Bread & Roses bakery, says the Home Hardware that once stood behind him on Beechwood Avenue was the hub of the neighbourhood. "We sadly miss our neighbours," he says. GRAHAM LANKTREE/METRO

Family, riders paying tribute to mom killed in crash

Erin Vance demonstrates her riding prowess in this undated Facebook photo.
FACEBOOK

The community that loved Erin Vance, and loves horses as much as she did, will gather on Sunday to share memories of her life and work at the Quarry Park Equestrian Centre.

"We're inviting the horse community, the horse family, to come," said Beth Ross, facilities manager at the centre.

Vance was killed early Sunday while walking along Bayview Drive in Constance Bay after a St. Patrick's Day celebration, when a car swerved off the road.

The event will raise money for Vance's five-year-old twin boys, who are living with her parents, Ross said.

"Financially, her parents are not prepared for this. Emotionally, they're not prepared for this. These boys need help," she said.

Anyone can donate to a trust for the boys by writing a cheque to the Erin Vance Memorial Fund at any Scotia Bank, she said.

Anne Weinstein plans to go to the memorial on Sunday to say goodbye to the woman who showed "boundless patience" when teaching her son how to ride.

"I think that will be very cathartic and I think Erin would be thrilled if she could see it," Weinstein said. "And probably embarrassed because she was a very modest person, too."

The memorial is intended for family, friends and the riding community. Ross is planning a larger fundraiser to accommodate the "overwhelming" feedback and support from the public.

JESSICA SMITH/METRO

Mobile news

The KONY2012 video may have more than 83 million views on YouTube, but a clip of Invisible Children founder Jason Russell's naked romp on a street corner is now taking over the web. Scan the code for the story.

On the web

Double helix, double bind

The state of New York will start collecting DNA samples for a permanent database from people who commit even minor crimes like shoplifting or subway-turnstile jumping. Watch at metronews.ca/video

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Viral video on Kony to screen at Carleton

Wanted. Joseph Kony is the head of the Lord's Resistance Army and wanted by the International Criminal Court for crimes against humanity

JOE LOFARO
joe.lofaro@metronews.ca

Volunteers for Invisible Children will attend a panel discussion and screening Tuesday of the not-for-profit organization's viral video about alleged Ugandan war criminal Joseph Kony.

Two weeks ago, Invisible Children posted a video about Kony as a call for action to have him arrested. Kony is wanted by the International Criminal Court for abducting children and using them as soldiers and sex slaves in the 1990s.

Joseph Kony in 2006.
THE ASSOCIATED PRESS FILE

The video has been viewed more than 80 million times since March 5, amid criticism of Invisible Children's financial management and of oversimplifying the child-soldier problem.

David Mastey, member of the Institute of African Studies at Carleton University, also has doubts about the video, but said he's worried that the backlash may discourage people from learning more and taking action.

"Many people, I think, are just going to say, 'Well, then forget it. I don't want to care about these events that are happening halfway around the world because I'm worried all the backlash and criticism that may come,'" said Mastey.

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Child abandonment

Mom gets drunk, leaves baby in pile of leaves: RCMP

A seven-month-old girl is fine after her mother allegedly got drunk early on St. Patrick's Day and left her in a pile of leaves near a Portage la Prairie, Man., school.

RCMP said a cyclist riding past a school at about 3:45 a.m. Saturday heard a noise that sounded like a cat. Stopping to check it out, he found a baby girl lying in a pile of leaves near the steps of the school.

RCMP have arrested the mother, 28, and charged her with child abandonment. Her name will not be released to protect the child's identity. ELISHA DACEY/METRO

By-election

Layton's Toronto-Danforth riding easily stays NDP

The New Democrats have hung on to the late Jack Layton's riding. Preliminary by-election results give NDP candidate Craig Scott about 58 per cent of the vote. THE CANADIAN PRESS

NDP candidate Craig Scott
PAWEL DWULIT/THE CANADIAN PRESS

Sexual assault

Cameras banned from disgraced coach's trial

A Manitoba judge says allowing cameras to broadcast the sentencing of disgraced former hockey coach Graham James for sexual abuse would turn the highly charged case into a spectacle and could violate the sex offender's privacy.

Judge Catherine Carlson denied an application Monday by a media consortium to set up two live TV cameras in the Winnipeg courtroom where James will learn his fate Tuesday.

James pleaded guilty in December to repeated sexual assaults on two former junior players, Theo Fleury and Todd Holt. THE CANADIAN PRESS

Aveos layoffs could cause flight delays: Air Canada

Broken planes. Nearly 3,000 passengers daily could be affected if planes aren't promptly returned to service

Air Canada said Monday it could be forced to cancel flights and strand thousands of passengers if the maintenance company that obtained creditor protection Monday is unable to complete repairs to several planes.

Despite saying earlier in the day it won't be affected by the closure, the airline's lawyers argued in vain Monday for a Quebec Superior Court judge to order Aveos Fleet Performance to not lay off more workers and meet its obligations to complete the repairs.

Three wide-body planes and several narrow-body aircraft are sitting in Aveos facilities across the country, some missing landing gear.

Air Canada lawyer Louis Belanger said the next 24 to 48 hours will be crucial in determining if the aircraft repairs can be completed on schedule. He said nearly 3,000 passengers daily could be affected if the planes aren't promptly returned to service.

Despite what it argued in court, Air Canada said in a news release that its fleet's maintenance and repair activities are done in-house and won't be affected by the plant closures.

"The airline's line maintenance has always been performed directly by Air Canada, at the airline's own facilities by Air Canada's 2,300 maintenance employees," the airline said in a statement.

Montreal-based Aveos said it has permanently shut its airframe repair business. The move will affect about 1,800 of the company's 2,600 employees. THE CANADIAN PRESS

Aveos workers demonstrate near the Winnipeg Richardson Airport on Monday after being locked out Sunday. Nearly 350 jobs in Winnipeg are in danger of being lost. BERNICE PONTANILLA/METRO WINNIPEG

London riots

Rioters face expulsion from college

Fanshawe College students convicted of criminal charges in a St. Patrick's Day riot could be expelled, president Howard Rundle said Monday.

Rundle said eight students have already been suspended.

"This is unacceptable. It will not be tolerated, it will not be excused and we will not have those people as students of this college," he said. "Someone who would throw a brick at someone else, someone who would start a fire … that kind of person is dangerous on our campus. We don't want them here."

Police are continuing to investigate the riot, which officials have said attracted about 1,000 people to Fleming Drive, where a vehicle was torched and beer bottles were pelted at first responders.

The riot comes as college officials thought they were beginning to get a handle on problems in the neighbourhood. ANGELA MULLINS/METRO LONDON

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Sarkozy condemns attack on Jewish school

Toulouse, France.
Children, rabbi killed in front of school

A motorcycle assailant opened fire with two handguns Monday in front of a Jewish school in the French city of Toulouse, killing a rabbi, his two young sons and a schoolgirl. One of the guns had also been used in other deadly motorcycle attacks in the area, officials said.

A 30-year-old rabbi and his three-year-old and six-year-old sons were killed just before classes started at the Ozar Hatorah school, a junior high and high school in a quiet residential neighbourhood, Toulouse Prosecutor Michel Valet said.

Another child, the eight-year-old daughter of the school principal, was also killed, school officials said. Valet said a 17-year-old boy was also seriously wounded and in the operating ward of a city hospital.

"He shot at everything he had in front of him, children and adults," Valet said. "The children were chased inside the school."

Authorities ordered increased security at schools and synagogues around the country after an attack that revolted France, where school shootings and deadly attacks on Jews are extremely rare. The third motorcycle-based slaying in the area in a week, it produced high-level uproar in Israel and drew condemnation from the U.S. government.

French prosecutors were studying possible terrorist links, but the motive for all three attacks was unclear.

News that the gun was used in attacks last week around Toulouse fuelled suspicions that a serial killer is targeting French minorities, and not only Jews. The dead and injured in the earlier attacks were paratroopers of North African and Caribbean origin.

French President Nicolas Sarkozy rushed to Toulouse to visit the school with Richard Prasquier, the president of CRIF, the umbrella group representing Jewish organizations.

Sarkozy denounced "the savagery" of the attack and vowed to track down the killer or killers.

He ordered increased security at Jewish and Muslim buildings around Toulouse, while his prime minister told officials to "secure" all school and religious buildings in the entire country.

THE ASSOCIATED PRESS

Tragedy

"Barbarity, savagery, cruelty cannot win. Hate cannot win. We will find him."
Nicolas Sarkozy, French president

Students comfort each other at the Ozar Hatorah Jewish school in Toulouse, southwestern France, on Monday. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

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Fair play

Toy company makes ethical list

A think-tank that promotes business ethics and corporate social responsibility has named Rhode Island-based Hasbro Inc. one of the world's most ethical companies.

The New York-based Ethisphere Institute says the toy maker is one of 145 companies on the list this year. This is the first time Hasbro is on the list.

Ethisphere has done the rankings for six years.

Ethisphere says the companies on the list follow ethical business practices and go beyond legal compliance minimums. Companies can either nominate themselves or be nominated by others.

Hasbro calls it an honour to be selected and says that integrity is a central part of its business.

Other companies on the list include Starbucks, Whole Foods, eBay, Aflac, PepsiCo and UPS. THE ASSOCIATED PRESS

Stock options. Apple rewards shareholders with dividend, buyback

Thirty-six years after its founding, Apple Inc. is finally loosening up its purse strings to reward shareholders directly, by instituting a dividend and share-buyback program.

Investors had been expecting Monday's announcement, driving up Apple shares 37 per cent since management hinted in January that a dividend was in the works.

Apple, the world's most valuable company, sits on $97.6 billion in cash and securities. For years, CEO Steve Jobs resisted calls to reward shareholders with some of that money.

He used to say that the money was better used to give Apple manoeuvring room, for instance by giving it the ability to buy other companies.

Jobs died in October after a long fight with cancer. On Monday, new CEO Tim Cook said that with this much cash on hand, a dividend wouldn't restrain the company's options.

"These decisions will not close any doors for us," he told analysts and reporters on a conference call.

Apple generated $31 billion in cash in the fiscal year that ended in September, and is on pace to generate even more in the current year.

THE ASSOCIATED PRESS

The newest iPad is displayed during an Apple event in San Francisco. PAUL SAKUMA/THE ASSOCIATED PRESS

Snack attack. Wendy's edges Burger King in sales

Wendy's has dethroned Burger King as the U.S.'s second-biggest hamburger chain.

Wendy's edged out Burger King in U.S. sales volume for the first time last year since Wendy's was founded in 1969, according to a report by food-industry research firm Technomic that's set to be released next month.

Wendy's had sales of $8.5 billion in 2011, compared with $8.4 billion for Burger King. McDonald's remained far larger than both with $34.2 billion in sales. The figures are based on Technomic's estimates of system-wide sales at franchise and company-owned restaurants, rather than corporate revenue, which includes fees from franchise operators.

Both Burger King and Wendy's have struggled in recent years to keep up with the growth of McDonald's, which has managed to keep prices low through the recession, while also introducing new menu items and remodelling restaurants.

Sales are up 26 per cent in the past five years at McDonald's, up nine per cent at Wendy's and flat at Burger King, according to Technomic.

THE ASSOCIATED PRESS

Fresh move. Starbucks set to enter juice market

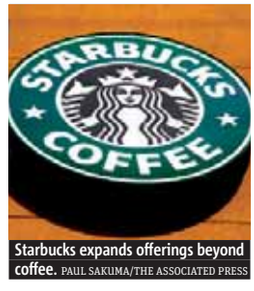
Starbucks is pushing beyond coffee with the opening of the first Evolution Fresh juice store, the company said Monday.

Starbucks, which is looking for new businesses for growth, purchased the California-based juice maker in November for $30 million.

Evolution Fresh had been selling its juices in grocery stores such as Whole Foods.

The first Evolution Fresh store is in Bellevue, Wash.

Aside from juices, Starbucks says Evolution Fresh shops will have wraps, soups, salads, vegetarian and vegan options, and other offerings.



Starbucks expands offerings beyond coffee. PAUL SAKUMA/THE ASSOCIATED PRESS

Starbucks shares rose 15 cents to $53.36 in premarket trading Monday.

THE ASSOCIATED PRESS

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READ BETWEEN THE LINES

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Girls have a lot of thing to say; I think the countless S–t Girls Say video parodies are proving that point ad nauseum. But more often than not (read: all the time) a lot of men don't realize the very subtle way in which the words that come out of our mouths are actually completely different from the intention behind them.

In an effort clear up some of the confusion I've created a little decoder to help understand the meaning behind some common female phrases. A She Says column on the things she says. Clever, right?

Read on and be sure not to take any of this too seriously.

"I'm fine."

Wow, she is totally NOT fine. She couldn't be further from fine. If a girl is doing well, she doesn't say "fine." She'll use words like "great," "good" and, if she's particularly enthusiastic, "amazing." Saying "I'm fine" is just a passive-aggressive technique we use to let you know that something's wrong and that it's more than likely your fault. See also: "It's fine" and "We're fine."

Girlfriend wants to bail

"She is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants."

"I really like that guy's hair."

You need a haircut.

"Did you still want to meet up tonight?"

If a girl actually wants to go out on the town, she'll pose the question "Where are we meeting?" If she wants to subtly hint at the fact that she would like to bail on you, she'll use this phrase. In reality, she has no desire to leave her house; she is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants.

"I have a lot of guy friends."

Because other women can't stand her. She'll tell you she hates drama, but in reality it probably has more to do with her inability to get along with other females. Famous women who have uttered this phrase include The Bachelor's latest she-villain Courtney Robertson and Angelina "Husband stealing" Jolie.

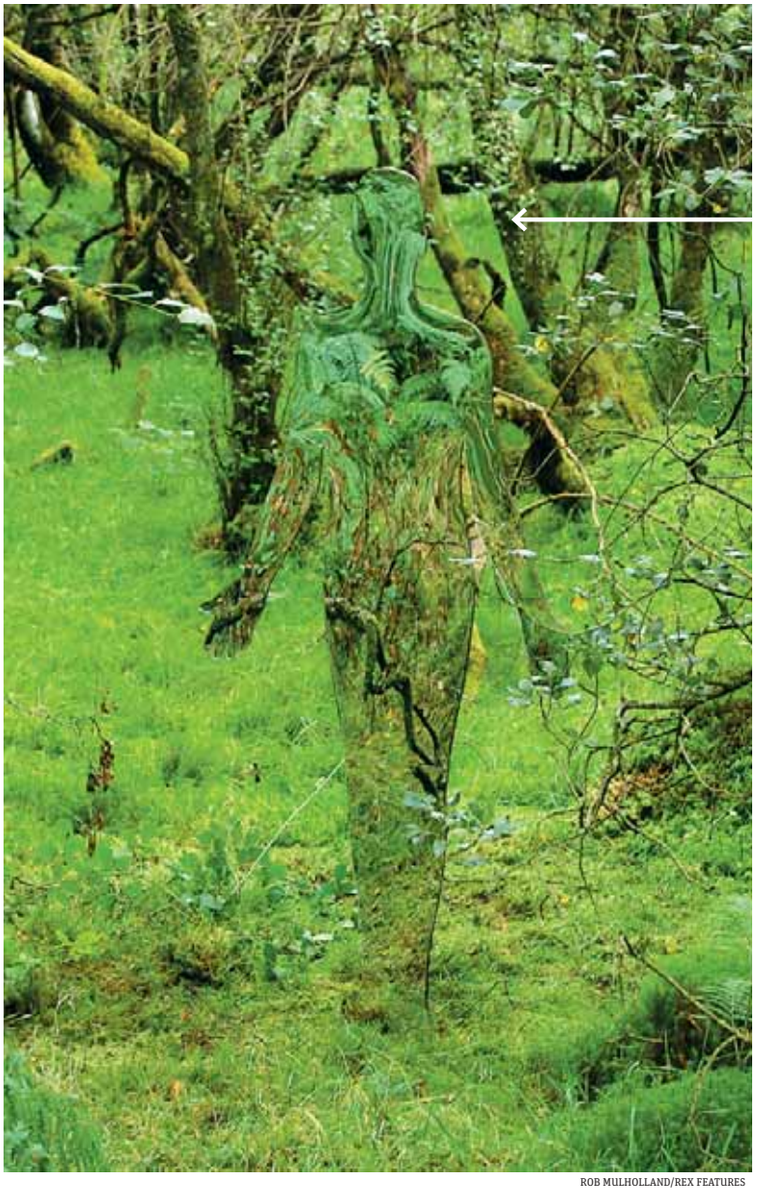
"I don't understand what the big deal is about Ryan Gosling."

Fact: nobody is more charming than Ryan Gosling. It's sweet that your girl might try to protect your ego by feigning indifference towards this ridiculously handsome movie star, but she's lying to you. Want proof? Check out this thing called the "Internet" and see just how vast the Gosling fangirl universe really is.

"I'm not mad, I'm just disappointed."

But also she's super mad.

Mirror, mirror, in the woods



ROB MULHOLLAND/REX FEATURES

Part of the scenery

'Invisible' people spotted in forest

"Invisible" figures that appear to blend into the environment have been spotted in Scottish woodland. No, it's not something paranormal — it's an art installation. Rob Mulholland's series of six mirrored figures reflect the images of their environs to give the invisibility illusion. **MWN**

'A visible metaphor'

Rob Mulholland with a figure.

Reflecting the past

What inspired your art?
I first did some mirrored foxes as a visible metaphor of their elusiveness. I took that idea to the next level and used figures of people.

What's so special about the woodland in the Trossachs?
I discovered that after World War I much of this area was depopulated to accommodate an in-demand timber industry. These figures are meant to echo the past settlements of people that once lived here.

People say these figures look like the "invisible" alien life forms in the Predator movies? Were they inspiration?
Not at all! It's pure accident they look the same. At first I never saw the similarity. Sometimes as an artist you're stuck in a bubble and you can't see the wood for the trees!

ANTHONY JOHNSTON/MWN

Weird news

Chinese émigrés seek French entrée

Thousands of people in China are trying to write their own ticket out of the country — in French.

Chinese desperate to emigrate have discovered a backdoor into Canada that involves applying for entry into the country's francophone province of Quebec — as long as they have a good working knowledge of the local lingo.

So, while learning French as an additional language is losing ground in many parts of the world — even as Mandarin classes proliferate because of China's rise on the international stage — many Chinese are busy learning how to say, "Bonjour, je m'appelle Zhang."

Yin Shanshan, 25, said the French class she takes in the port city of Tianjin near Beijing even includes primers on Quebec's history and its geography. **THE ASSOCIATED PRESS**

Metropolitan Panel

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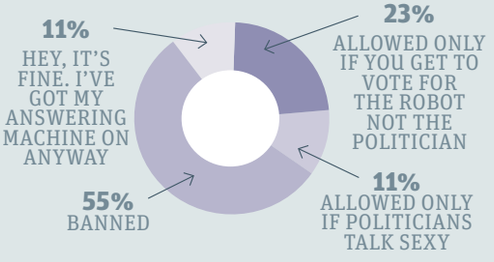
Do you think election robocalling should be ...


11%
HEY, IT'S FINE. I'VE GOT MY ANSWERING MACHINE ON ANYWAY
23%
ALLOWED ONLY IF YOU GET TO VOTE FOR THE ROBOT NOT THE POLITICIAN
55%
BANNED
11%
ALLOWED ONLY IF POLITICIANS TALK SEXY

Twitter

@MissSweetChar
I need a new sushi partner. One that can keep with me and fill up the belly real nice :)

@adeebaottawa
Omg I think I'm the crazy person on the bus no one wants to sit beside

@mal_jones
That's real love and commitment right there. RT @KaitMoffatt Bronchitis or not I'm still drinking this beer.

@OttawaBarchef
"I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day."

@marveTha_illest
The US government is corrupted!! Idc what anyone says

metro

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2
SCENE

Scene in brief

Beyoncé gets back to work

Beyoncé is set to return to the stage for the first time since giving birth to daughter Blue Ivy. The Grammy winner will perform three concerts in New Jersey in May at Atlantic City's Revel Resorts. Revel said Monday that the shows will be held over Memorial Day weekend for the premiere of the $2.4 billion resort. Beyoncé gave birth to her first child in January with husband and rapper Jay-Z. Tickets for the May 25 through May 27 concerts go on sale April 6. Beyoncé will perform in the Ovation Hall, which has 5,050 seats.
THE ASSOCIATED PRESS

On the Web

R.J. Smith paints a complex portrait of James Brown in The One

Fight scenes deliver a knockout punch

The Raid. Film's writer-director sets a new standard for big-screen showdowns with his use of a little known Indonesian martial art style

TODD GILCHRIST
Metro World News in Hollywood

After decades of action movies and ass-kicking opuses from all across the globe, it's rare for audiences today to see something that truly knocks them out, much less that's original.

But Gareth Evans' The Raid: Redemption has set a new standard for the creative ways in which filmmakers can stage big-screen showdowns — in terms of technique, quality and even quantity.

No movie since the last Matrix installment has featured so many people fighting so furiously all at once, over and over.

If you ask the writer-director how he arrived at that style as opposed to more familiar forms of fisticuffs, however, Evans says he was primarily interested in introducing the world to the Indonesian form of martial arts known as silat, even as he constructed his brilliantly straightforward tale of a group of SWAT team members trying to fight their way out of a drug dealer's fortress-like tenement building.

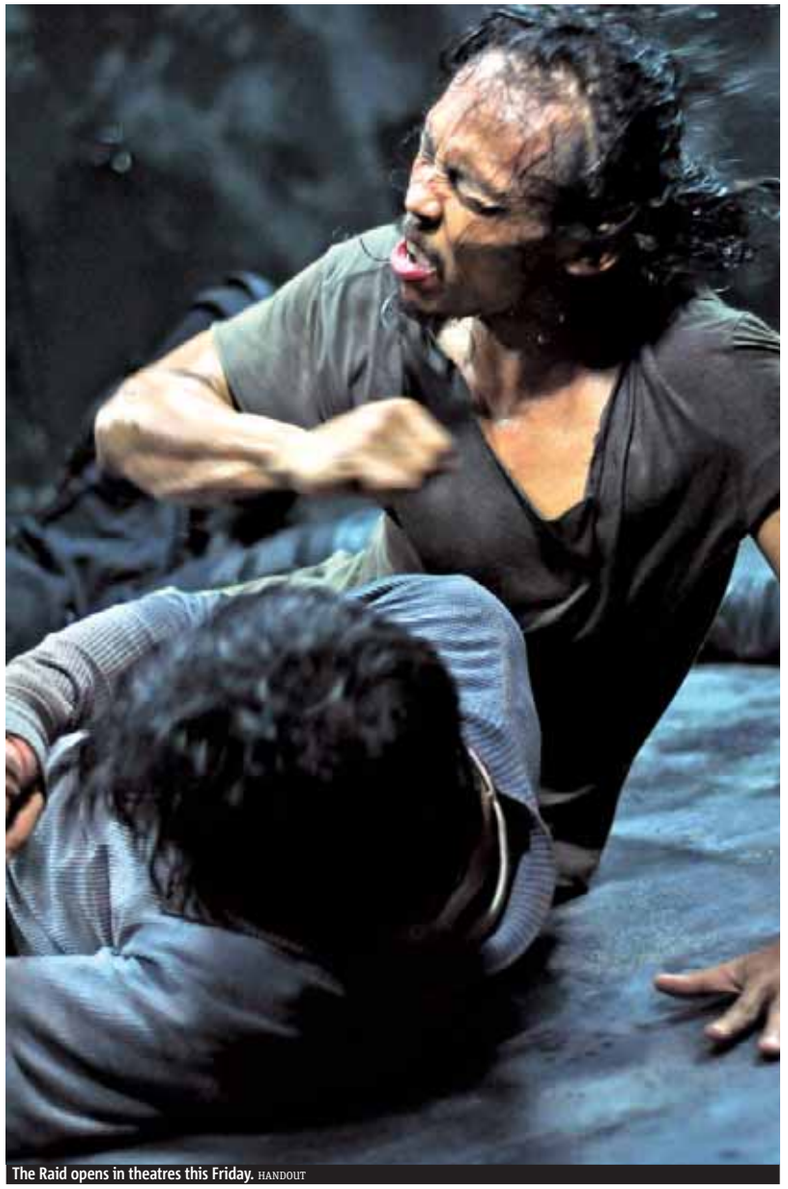
"In terms of Indonesia, we're still in our infancy when it comes to action films," Evans says.

"We're huge fans of action cinema from America, from Hong Kong, from Thailand, but we're very aware of the fact that we can't replicate those.

"So we needed to create this style of fighting — and screen fighting — which doesn't feel like it existed that much before."

While other movies have embraced the absurdity of the choreography to create larger-than-life sequences, Evans said he wanted his fights to function realistically, even if he concedes that they're a lot longer than his heroes could possibly endure.

"Every movement has to feel like it's grounded in reality," the filmmaker explained.



The Raid opens in theatres this Friday. HANDOUT

Fighting to get noticed

"In terms of Indonesia, we're still in our infancy when it comes to action films."
Gareth Evans, The Raid director and writer, about the fighting style in his new film.

"So even though the duration of the fight is the exaggerated part of it, all of the movements feel real. And you get that feeling when you watch the film that if you studied that martial art too, you could do all of the movements as well."

The film's red-hot reception at film festivals over the past several months inspired its distributor, Sony Pictures Classics, to bankroll not one but two more movies in the series.

But even with stateside studios knocking down his door, Evans said he's happier to keep fighting for his own ideas than taking a victory lap using someone else's.

"In terms of Hollywood, I'm not interested really in major big-budget stuff," he revealed.

"My love is for the type of film that I can feel passionately about in every page of the script and every line of dialogue.

"The most ideal situation for me is to find that one person that's going to support me to make the film that I want to make.

"I definitely want to make movies out here," he added. "But it's got to be the right film, and the right circumstances too."

DVD reviews

The Girl with the Dragon Tattoo

Director. David Fincher

Stars. Daniel Craig, Rooney Mara

●●●○○

Is David Fincher's tattooed Girl, this time with Rooney Mara instead of Noomi Rapace as the ruthless, messed-up computer hacker, any better than the Swedish original? Does it matter?

Dirtier, more violent and marginally more complicated than its Scandinavian forebear, Fincher's stab at Stieg Larsson's first Millennium trilogy novel manages to stand on its own merits.

While the pace is slow and there are some flat performances (particularly by Craig), there remain two reasons to drag out the Dragon Tattoo gun again: the incendiary performance of Oscar-nominated Mara, and the score by Trent Reznor and Atticus Ross. It's another improvement from the original film that helps build the dire mood.

Tinker Tailor Soldier Spy

Director. Tomas Alfredson

Stars. Gary Oldman, Colin Firth

●●●●○

"Nothing is genuine anymore," a character sighs in Tinker Tailor Soldier Spy, but he couldn't be more wrong.

This film is the real deal, set in pre-digital 1970s. Based on the bestselling 1974 John le Carré novel, which also spawned a memorable 1979 TV miniseries, it's a movie of chain smokers and whisperers, of rattling tea cups and rotary-dialed telephones.

Oscar-nommed Gary Oldman brilliantly assumes the role of stone-faced George Smiley, an ex-British Secret Service man brought out of retirement to search for a Soviet mole who has infiltrated the MI6. Tinker Tailor Soldier Spy is not just a movie about intelligence, it's an intelligent movie.
PETER HOWELL

Gavin McInnes on living a life of Vice

Memoir. Co-founder of Vice Magazine talks about the wild tales in his autobiography

JIM FENNER
Metro World News in New York

Interviewing a guy like Gavin McInnes after reading a memoir like his How to Piss in Public comes across as a sort of inside-out St.-Peter-At-The-Pearly-Gates scenario. Having just been privy to 250-plus pages of ragers, fights, chases, cons, and a whole lot of detailed sex, the accused stands before you to earnestly reassure that everything you just read was an absolutely true, if somewhat abbreviated, recounting of a rogue's life. The ordained Godfather of Hipsters, McInnes has been at turns a rock star, a magazine mogul, a viral video entrepreneur, a botfly babysitter, a tundra foreman, and most recently, a daddy. Now, he adds author to his docket.

How do you feel having all of this put down in a book?
I feel pretty good about it. The great thing about working so hard on something like that is when people say it sucks, you just go "Oh, well." I've got a lot of sort of prudish, PC people saying it was disgusting and too outrageous, and the beauty of an autobiography is that you can go "Uh, sorry... that happened!"

The stories are pretty wild. At one point, you even offer $1,000 to anyone who can back up claims that anything you said in the book is fabricated.
James Frye and all those guys ruined memoirs a little bit because they lied, so, I don't want you to be reading with one eyebrow cocked going, "Yeah, right."

Did factors like that make memoir a hard medium to write in?
There's a rut with memoirs. Not rut... a temptation.

You're tempted to indulge yourself and set the record straight on things, you know, Lenny Bruce was obsessed with that. You want to get defensive. But I just cut that out, because I'm not here to sell myself or defend myself. I just have to tell the story and keep it funny.

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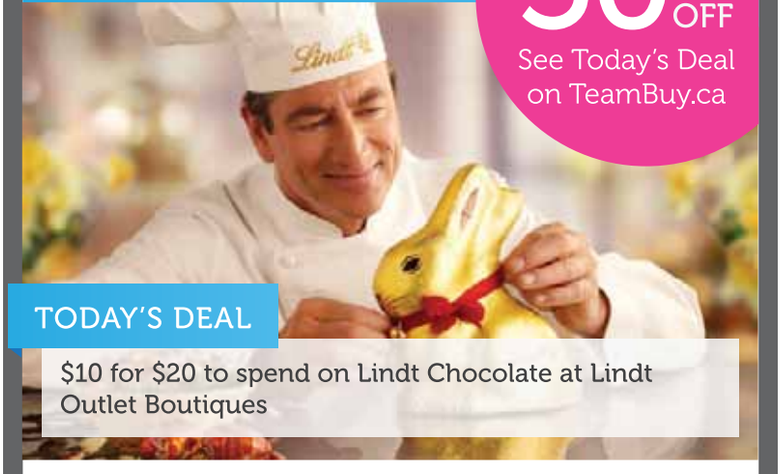

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'Original guido'

Jersey Shore will return for Season 6

THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the cast being pulled in a myriad of directions (The Pauly D Project and Snooki and JWOWW vs. the World, to name two spin-off shows), apparently all of the cast members have time for the OG — that's "Original Guido" — Jersey Shore.

It was announced yesterday that production for the sixth season of the show is set to begin this summer in Seaside Heights, N.J.

"America's favourite housemates will all return to their home-away-from-home, and the house dynamic is headed into unchartered territory … as their lives outside the Shore take off in exciting new directions," MTV said in a press release.

"While things will definitely be a little different this time when they hit the boardwalk, their trademark hilarity and family dysfunction will remain the same."

A sixth season? Talk about beating a dead meatball, MTV. But I'm sure they'll still get the audience, if only rubberneckers who are

Jersey Shore is making the most out of Snooki's pregnancy, teasing the new season with the tag line, "fist pumps and baby bumps". ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris O'Dowd admires Megan Fox for calling it like she sees it

While her public feud with Michael Bay might have cost her a role in the last Transformers film, Megan Fox earned at least one new supporter: her Friends with Kids co-star, Chris O'Dowd.

"Who wouldn't have a fallout with [Bay]?" O'Dowd tells the Toronto Sun. "It's one of the sexist things I've ever seen. She called him an a--hole. Well, he is a f---ing a--hole. She's not the only one who has said that. Why has she been singled out?"

One difference between Fox and O'Dowd, though? O'Dowd wouldn't work with Bay in the first place. "I would never f---ing watch his films, never mind go and act in them," he says.

Chris O'Dowd

Megan Fox

Paltrow writes her own cookbooks, OK?

Gwyneth Paltrow is taking the New York Times for task over reporting that she'd worked with a ghostwriter for My Father's Daughter, a cookbook she released last year.

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself," Paltrow posted to Twitter in response to an article that named Julia Turshen as the book's uncredited collaborator.

The article even stated that Turshen is "writing a second cookbook with Gwyneth Paltrow after their collaboration on My Father's Daughter."

Tweeting the record straight

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself."

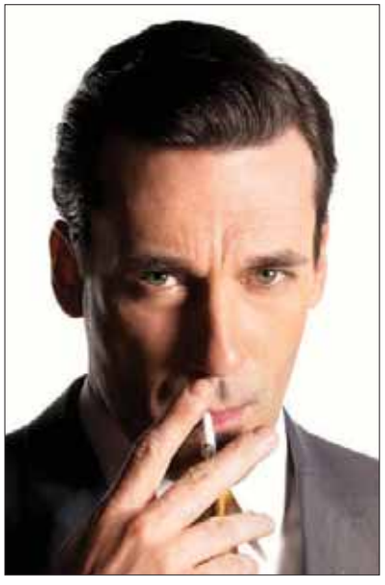
Gwyneth Paltrow

The fifth season of Mad Men debuts in the U.S. on March 25, so prepare yourself for more shameless behaviour. Our hero's a drunk, his boss is a womanizer and the women have issues, too. Here's our self-help advice for our favourite characters — apply if necessary.

ROMINA MCGUINNESS
life@metronews.ca

Analyzing the Mad in Men

Don Draper



VICES
Draper, head of creative at the ad agency, blocks out his past and his feelings. He smokes, drinks and has many lovers and cheats.

SOLUTION
"Smoking, drinking and having indiscriminate sex are all mind numbing activities and ways for Don Draper to ignore his history," says psychotherapist Jonathan Alpert, author of the self help book Be Fearless. "They serve as a distraction from the real issue: himself."

The more he indulges, the less he has to deal with.

"Draper needs to spend less time thinking the world owes him and more time trying to understand his past. He also needs to find a female role model to make up for his tumultuous past that was absent of one."

Joan Harris

VICES
Office manager Joan loves bad boys, sex and tight dresses. She comes across as sassy and bold but inside, she's vulnerable and afraid of ending up alone. She is pregnant with her ex lover's child (former boss Roger Sterling) but tells her husband it's his.

SOLUTION
"Instead of using her body as a means to get things, she should try using her mind," says Alpert. "By relying on her body to leverage what she wants people only get to know her in that way."

Roger Sterling

VICES
Multiple heart attacks haven't slowed down Sterling's (very) heavy smoking and drinking. He believes every problem can be solved with or over a drink. He has a penchant for younger women and still has feelings for his ex girlfriend, Joan Harris.

SOLUTION
Sterling has a grand sense of entitlement. "He's been handed everything," says Alpert.

Roger should ask himself: who am I, if not a wealthy ad agency owner?

Peggy Olsen

VICES
Workaholic Peggy is desperately striving for professional recognition in a male-dominated world.

She's had a baby out of wedlock after an affair with a married man. Her denial of the pregnancy was so intense she was unaware of her condition until she went into labor.

SOLUTION
"Peggy Olsen compensates for her apparent insecurities by throwing herself into work," says Alpert.

"This distracts her from the real problem: her inability to be intimate and deal with lingering issues of guilt around sex and religion," he adds.

To break this cycle of guilt, Alpert believes she needs to define who she is.

3 LIFE

Lawsuit

Plastic surgery

French actress Emmanuelle Béart, whose face is distorted from too many operations, launched an open attack against blotched plastic surgery. Just get old!

On the Web

Is 'pink slime' in your burger? You may not know until it's in your mouth - or ever

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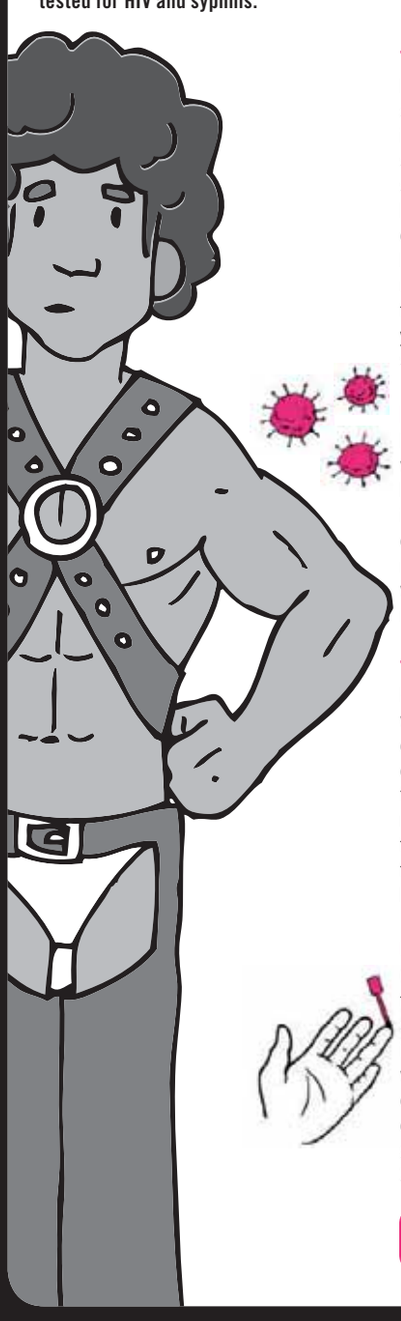
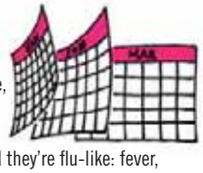
That's why we launched Get on it. – a campaign that provides information to help you make an informed decision about when, where, and why you need to be tested for HIV and syphilis.





The signs.
In most people, an early HIV infection has symptoms and they're flu-like: fever, sore throat, swollen lymph nodes, headache, and muscle pain. You can also get a rash. Sounds just like being sick right? Well, if you're having unprotected sex, and you experience these symptoms two to four weeks after your saddle-free bromance, then you should get tested. Watch for the signs.

Being easy.
No we're not talking about you - we're talking about transmission. Having an STI (sexually transmitted infection) like syphilis can make it easier to get HIV, or to pass it on. You might as well get tested for syphilis when you get your HIV test. Don't make transmission easy!

The early bird gets the worm.
Knowing the signs, the symptoms, and when to get tested will lead to healthier outcomes. Early detection means earlier treatment, which is good for your health and can reduce transmission to others. We're all in this together and knowledge is power.

Get pricked.
(We mean your finger.) HIV testing at the Sexual Health Centre is fast, easy, and totally anonymous. We're making it so easy for you that for the next few weeks we've extended our hours and opened clinics across the city. Find a clinic, show up, get a number, and get tested. Four steps; results in 20 Minutes. It couldn't get easier.

Get on it.

Sexual Health Centre de santé sexualité

For guys into guys.

come-on-in.ca

Already known for being cute and (mostly) cuddly, cats are now linked to reducing stress. ISTOCK PHOTOS

Good health linked to cat ownership

New study shows frisky felines reduce risk of disease. And people who get cats may suffer less stress, too

CELIA MILNE
life@metronews.ca

People with cats have fewer heart attacks.

While this seems to be true, reports that the purring of cats can calm the human heart are probably exaggerated. That story was widely reported last week.

Metro interviewed Dr. Adnan Qureshi from the Stroke Research Center at the University of Minnesota to find out if owning a cat has health benefits. He is a leading expert on the effects owning a pet may have on cardiovascular health.

Quote

"Cat ownership, unlike other medical interventions available, has minimal risk..."

Dr. Adnan Qureshi
Stroke Research Center at the University of Minnesota

"Cat ownership, unlike other medical interventions available, has minimal risk and may be a novel strategy for reducing the risk of heart disease in high-risk people," he says.

A few years ago, Qureshi and colleagues conducted a study of 4,435 people, 55 per cent of whom had cats. They followed the group for an average of 20 years to see what happened to them, health-wise.

They found a significantly lower risk of death from heart attack, stroke and all cardiovascular diseases in people with cats, even after factoring in age, gender, ethnicity, blood pressure, cigarette smoking, diabetes, cholesterol and body mass. It is thought that owning a cat reduces stress. But perhaps there is something more calm about the type of people who buy cats.

"Does owning a cat directly reduce the risk of heart disease or do people who own cats have personality traits that are protective against heart disease?" he asks.

As for the theory that the purring of cats is what prevents heart attacks in humans, Qureshi is underwhelmed.

"Good question (which) needs to be answered," he says.

Best Health

What works; what doesn't

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health magazine is full of the bottom-line truth about everyday health and wellness questions.

Here are two from the March/April issue of Best Health:

Are energy drinks a good source of energy?
No. Despite their exotic-sounding ingredients — including herbs, amino acids and other natural compounds with purported health benefits — often what you're also getting is a lot of sugar and caffeine.

Yes, as a source of calories, sugar technically provides energy, and caffeine does give a temporary boost (it increases alertness and revs up the body's energy systems).

But nutritionists agree there are better ways to keep up your energy supply. Eat a balanced diet, exercise regularly and get enough sleep.

Do manual toothbrushes clean just as well as electric ones?

No. Do your teeth a favour and try an electric

toothbrush.

They remove more plaque.

A review of studies involving nearly 4,000 women and men found that an electric toothbrush with bristles that rotate in alternating directions removed 11 per cent more plaque and reduced gum disease six per cent more than manual brushes. (Neither manual nor electric brushes were found to harm the gums.)

Of course, any kind of brushing, plus flossing, is a good thing.

Thoughts on...

Forgiveness for you and others

Have you ever felt that someone did something to you, something that hurt you so badly that you could never forgive them? Of course you have. There isn't a single person on this planet who hasn't suffered the inappropriate and careless actions of another.

In refusing to forgive old hurts, you live with them in the present.

A part of you may wonder, How can I ever forgive what they did to me? Just remember, forgiveness of the person does not imply permission to abuse or hurt you again but about restoring your own sense of well being and peace.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Unintended benefits

Vaccine in children working too well.
Pneumococcal vaccine in children also driving strains out of adults patients

Can a vaccine work too well?

For an individual, probably not. But for the makers of newer pneumococcal vaccines that were first marketed for kids but which are now being aimed at older adults, it may turn out that the answer is actually yes.

There has been a large spillover effect in adults from the use of these vaccines in children, studies show. So large, in fact, that adults appear to be getting the benefits of the vaccines without having been vaccinated — a bonus that may actually undermine the efforts of one manufacturer, Pfizer, to promote widespread use of its pneumococcal vaccine in older adults.

"It may have worked too well in children to make it necessary in adults. It's quite possible," admits Dr. Jeffrey Duchin, head of the communicable disease epidemiology and immunization section of Seattle and King County Public Health Department and a professor at the University of Washington.

THE CANADIAN PRESS

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A home-away-from-home type of lunch at Hintonburg

Fish & Chips with remoulade ($14). SHARI GOODMAN

LUNCH RUSH
Shari Goodman
life@metronews.ca

An almost-new restaurant on Wellington offers kitschy delish in its old-fashioned "public house" along with the best fish and chips in Ottawa.

Hintonburg Public House is cosy, rustic, quaint and homey. But most important of all, it serves quality food.

On the wood table sat a green frog salt dispenser beside a bouquet of wheat in a mason jar. Old cabaret music filled the friendly air and my Norman Rockwell mug was filled regularly while I waited for my lunch.

Though pricey at $14, I splurged on the fish and chips. The fish was flaky on the inside and the batter was crispy crunchy perfection on the outside. The remoulade on the side could have been eaten on its own. Though it's a secret recipe of the chef, it reminded me of spinach dip, but better.

The fries were cooked nicely and obviously home cut and cared for.

If this restaurant was aiming for a home-away-from-home feeling, it has hit the mark.

Visiting the restaurant

Hintonburg Public House

Address. 1020 Wellington St.

Phone. 613-421-5087

Rating. 4.5/5

Rice range. $$

Reservations. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Veggie Sloppy Joes. Go meatless for dinner with this twist on a favourite

Ingredients

6 portions

- 1 pkg (340 g) veggie ground round
- 1 onion, chopped
- 1 clove garlic, minced
- 250 ml (1 cup) ketchup
- 250 ml (1 cup) barbecue sauce
- 15 ml (1 tbsp) prepared mustard
- Freshly ground pepper
- 6 hamburger buns

1 In a large skillet, cook veggie ground round, onion and garlic over medium heat until onion is slightly brown.

2 Add ketchup, barbecue sauce, mustard and pepper. Cook for 5 minutes on low heat, stirring occasionally.

3 Divide among hamburger buns to serve. THE CANADIAN PRESS/ YVES VEGGIES CUISINE/ ADAPTED BY EMILY RICHARDS

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Spring into spring with lighter options

Swedish Meatballs

This recipe makes 20 meatballs. MATTHEW MEAD/ THE ASSOCIATED PRESS

While most varieties of meatballs pack 74 calories and more than four grams of fat per ball, this recipe cuts calories down to 36 and less than a gram of fat per meatball.

1 Heat oven to 190 C (375 F). In bowl, combine turkey breast and beef, and mix gently.

2 In blender, combine 75 ml (1/3 cup) chicken broth, onion and egg white. Blend until finely chopped. Add puffed rice, blend to make thick paste.

3 Add egg mix to meats, then season with salt and red pepper flakes. Divide mix into 20 even mounds, using about 15 ml (1 tbsp) each. Shape each into a ball using slightly wet hands to help prevent sticking.

4 Coat non-stick sauté pan with cooking spray and heat over medium-high. Once pan is hot add meatballs, leaving about 1-cm (1/2-inch) space between them. Cook 2 mins. or until browned on bottoms. Roll meatballs onto other side and brown evenly, 2 mins. Remove meatballs from pan.

5 Add remaining chicken broth to pan and bring to simmer. In bowl, mix evaporated milk with arrowroot, then stir into broth. Cook and stir for 10 seconds, then return meatballs to pan. Place pan in oven and bake 10 minutes or until meatballs are cooked through.

6 Transfer meatballs to serving platter. Insert short skewers into each meatball. Set sauté pan over medium heat and cook sauce for 1 to 2 minutes or until slightly thickened. Spoon sauce over meatballs and serve with cranberry sauce. ROCCO DISPIRITO/ THE ASSOCIATED PRESS

Ingredients

- 250 g (8 oz) extra-lean ground turkey breast
- 175 g (6 oz) lean ground beef
- 150 ml (2/3 cup) fat-free, reduced-sodium chicken broth, divided
- 125 ml (1/2 cup) chopped yellow onion
- 1 egg white
- 500 ml (2 cups) puffed brown rice cereal
- Salt, to taste
- Red pepper flakes, to taste
- 50 ml (1/4 cup) evaporated fat free milk
- 5 ml (1 tsp) arrowroot powder
- Olive oil cooking spray
- 50 ml (1/4 cup) no-sugar spiced cranberry sauce

Jodi Brown, Metro's vice-president of marketing and interactive, left, is pictured with her fiancé, Matt Peacock. CONTRIBUTED

Modern love in a digital world

Romance. We used to fly banners through the sky to get our loved one's attention, but now there's Facebook — it's faster and a lot cheaper

YLVA VAN BUUREN
For Metro

Jodi's story appeared in Metro last fall.

When Jodi Brown finally decided to accept Matt Peacock's wedding proposal, the social media aficionado wanted to say 'yes' in a way that was unique, memorable and "fit with who I am."

Jodi is vice-president of marketing and interactive at Metro News, has two boys, Jaden, 14, and Callum, 9, and she's a huge fan of social media.

Metro readers are likely familiar with Jodi — she shared her cancer story in the paper last fall (and she's doing great now!).

After hearing a social media expert talk about how you can micro-target advertising messages on Facebook, she decided she would accept Matt's proposal digitally by creating a Facebook ad that would be guaranteed to be read by him.

"By using 'targeted qualifiers,' you can actually target the campaign to reach just a few people," Jodi said.

Matt is the love of her life. They hit it off instantly when they met at a business function in September 2010.

"We both have high-energy personalities ... we're outgoing and active and we love to travel. And, we have the same goals," she said.

But after dating for two months, Jodi was diagnosed with breast cancer. She thought he might not stick around because of it but that wasn't the case.

Matt stayed by her side through surgery and treatment. Since moving in with Jodi and her kids last July, he has proposed a few times.

'Yes I'll Marry You Matt' was the headline Jodi used in the Facebook advertising campaign along with a picture and a short blurb about how she felt.

While she figured it might take him a week to see, it took Matt just five minutes on the day the campaign was launched to notice it on his Facebook page.

"Then it took him 10 minutes to update his relationship to engaged," Jodi said.

She says the campaign ran just for the one day, and seven people including Matt saw it an average of 12 times each. At the end of the day, the campaign cost her three cents in total — for every thousand times the ad showed up, the price was one dollar.

Since the ad appeared, the couple has received hundreds of messages of congratulations and advice on Facebook.

Now they are pinning down the date (either September 2012 or May 2013) and starting to plan.

"And of course, social media will play a role in the planning of the wedding ... there's just no way it won't," Jodi said.

Pinterest

Jodi Brown has also started a wedding board on Pinterest. Check it out at pinterest.com/luckyjodi/jodi-matt-s-wedding-ideas

Incest or normal?

Bobbi Kristina's relationship raises some questions

ROMINA MCGUINNESS
MWN in London

Whitney Houston's 19-year-old daughter, Bobbi Kristina, has confirmed the rumour that she and her 'adopted' brother, 22-year-old Nick Gordon, are dating.

The proof came after the seemingly loved up couple were spotted putting on a very public PDA during a lunch break in Atlanta, openly kissing, laughing and holding hands.

If Twitter is anything to go by, they have been close for some time. Last November she tweeted: "I love sleeping with big brudder (: only person that helps my insomnia B!! Hah (: #teamfamilia!"

She then added fuel to the flame on March 13 by retweeting: "I'm glad @REALbkBrown has sumone like @ndgordon by her side to support and see her thru this difficult time, haters fallback."

Almost simultaneously, Gordon told ABC news he and Bobbi Kristina were just "close" but the diamond ring sparkling on her wedding finger suggests otherwise.

Under normal circumstances, we'd be thrilled for Bobbi Kristina. She's still mourning her mother's death and being surrounded by loved ones will help her get through this painful process. Having moved in with the Houstons when he was 12 years old (his parents could no longer provide for him) Gordon is part of Brown's support network. The two grew up like brother and sister. Or did they?

Who are we to know what their relationship is like? Someone who should know is Brown's maternal grandmother, Cissi Houston. According to celebrity website TMZ, she disapproves of the relationship, describing it as incestuous.

But is it?

Not really, says relationship expert Ian Kerner.

"It's not incest in the conventional sense. There is no shared blood between them. No real health barrier. Siblings have a bond from birth whereas Gordon was already a grown boy when he moved in with them," he tells Metro.

The romance comes less than a month after the Whitney Houston's tragic death.

"My guess is that there always was an attraction there but as long as Whitney was alive, there was an unsaid barrier stopping them from becoming romantically involved. Her death removed a major obstacle. In the end, the combination of grief and them needing one another could have brought them together," says Kerner.

Even if their relationship is OK, getting engaged seems a little extreme.

"They just need to make sure they are not sacrificing their friendship for the sake of a short term romance," he adds.

Whatever sparked their relationship, Bobbi Kristina is a teenager who recently lost her mother; she's bound to be craving love and affection.

Anyway, in our eyes, nothing can really top Woody Allen marrying his adopted daughter.

Whitney Houston and her daughter Bobbi Kristina. GETTY IMAGES

The deal with taxes

Tips for the financially challenged

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

When do I have to file my taxes? Each year taxes are due to Canada Revenue Agency (CRA) by midnight of April 30.

How do I file my taxes? You, or your professional tax advisor, can file your taxes through NETFILE (netfile.gc.ca). For help using NETFILE, consult CRA's online help or call the NETFILE help desk: 1-800-714-7257. Not everyone can use NETFILE, so check out the restrictions. If you run into problems you can still file the old-fashioned way in paper form and have the post office postmark it by April 30, 2012.

What if I've moved? File your taxes according to the address where you were living on Dec. 31 of the tax year.

What if I've experienced a major life event? If you've had a child, experienced a death in your immediate family, got married, separated or divorced, there are special tax considerations for your situation, so consult with a professional tax advisor.

What if I'm behind on my taxes? Get on it! By law, you must file a yearly tax return. The longer you let it go, the more complicated it gets.

Do I pay a fine if I'm late filing my taxes? If you are eligible for a refund, there is no penalty. However, if you owe taxes, the late filing penalty is five per cent of the amount you owe for 2011, plus one per cent of the balance owing for each full month that your return is late, to a maximum of 12 months.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law you must claim your marital status because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep receipts and documentation in case you're audited.

TWEET ME @LESLEYSCORGIE

Shop like an American

Plan ahead. Cut coupons and look for deals before you hit stores in the U.S. (and don't forget to bring a pair of comfy shoes)

YOUR MONEY
Alison Griffiths
money@metronews.ca

'Tis the season for travel.

It's the time of year when many families head south for the beach or the slopes and shopping, especially now with the loonie lingering near par.

Sadly, we're limited when it comes to enjoying some of the best U.S. deals. I recently bought my favourite wine, J. Lohr Paso Robles Cab, for a mere 12 bucks at Target. The same vino in Canada will set you back $20 or more. But we can still only bring back 1.14 litres of liquor or 1.5 litres of wine regardless of the trip length.

Savvy cross-border shoppers head to the outlet malls and big box stores to score deals. But with a bit of planning you can do even better by monitoring the coupon offers at your destination.

First, check out the local newspaper. Advertising is up since the worse of the recession and the papers are full of coupons. In Canada, we usually see flyer-heavy papers on Wednesday and Thursday, but in Florida, for example, Saturday or Sunday is when you will find the largest number of flyers and ads.

Another great source are the newspapers' websites. They are far richer with coupons than in Canada. Also, visit store websites. Last week, I took advantage of a two-day only 20 per cent off any purchase at Chico's and a similar deal at Macy's. Some stores are strict about having the coupon in hand but when I left my Macy's offer in the printer, the checkout person swiped one she had at the counter to give me the discount.

Finally coupon sites have proliferated in the U.S., over 500 at last count. Here are five top websites, according to the Wall Street Journal:

- CouponCabin.com
- RetailMeNot.com
- SmartSource.com
- Coupons.com (mainly groceries, also I couldn't load it with my Safari browser but could with Firefox).
- CouponMom.com (primarily groceries)

If you are intending to do some serious shopping be sure to start your deal search before you leave Canada or you might end up clipping or printing a coupon that only kicks in when you're at the airport heading home. ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

Alison's money rule

"Maximize your U.S. shopping deals by planning ahead."

Cross-border shopping

- **Before you swipe.** 2.5% is the standard additional charge, on top of the exchange rate spread, levied by Canadian credit card companies on U.S. purchases.

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JOURNEY OF HOPE

DREAMS REALIZED THROUGH U OF T BRIDGING PROGRAM

The saying that it takes a village to raise a child takes on a new meaning when that village is a hostile and brutal place.

No one knows this better than Walter Ojok-Acii, a northern Ugandan native who grew up amid wretched poverty, watching school-age friends, relatives and classmates forced to serve the country's rebellion as sex slaves, work slaves and child soldiers. Some were as young as five.

Because of the horror he witnessed and the racism he later endured, Ojok-Acii's dream of working as a human rights lawyer would only grow stronger as his resilience and resolve took hold.

Today, thanks to the University of Toronto's Internationally Trained Lawyers Program (ITLP), a bridge program that helps immigrant lawyers qualify to practise law in Canada, the 32-year-old is well on his way to realizing his dream. He is currently interning with the criminal division of the Ministry of the Attorney General in Etobicoke and expects to write the bar exams this June.

"I have not forgotten my tough past, but also have not allowed my struggles to conquer my hope," Ojok-Acii wrote in an email about his inspiring story. "This is a journey of hope and determination."

Ojok-Acii's story is representative of the journey many of the program's students take, says program director Gina Alexandris.

"We're very moved by the circumstances and the journey a lot of our internationally trained lawyers have gone through," she says. "And the strength and the courage they have as they pursue their dreams to get qualified."

GLOBAL REACH

- In the three years since the program's inception, about 100 students representing more than 26 different nations have been enrolled in the comprehensive portion of the program.
- Students have come from Singapore, Mexico, Israel, Belarus, Trinidad and the United States.

Walter Ojok-Acii

UNIVERSITY OF TORONTO PHOTO

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RIGHT LOOK, RIGHT AGE

HERE'S WHAT TO WEAR NOW, NO MATTER WHAT YOUR NUMBER

By Ingrie Williams

20s SOLANGE KNOWLES

A mix of punchy colour, playful pattern and a carefree approach to jewellery creates a look that's sophisticated, not stuffy.

A knockout hue pumps up an otherwise prim top. *Brose silk top, $288, marikabrose.com*

Bright beads and twisted textures score extra style points. *Fab Accessories 18K gold-plated Brass bracelet with faceted glass beads, $48, fabaccessories.com*

Good things happen when an eye-popping print meets a simple shape. *J.Crew Café Capri wool-silk blend pants in Jewel Jacquard, $230, jcrew.com*

Candy coloured knuckledusters are a major thing. *Carole Tanenbaum Vintage Collection pink cocktail ring, $400, yellow Selro ring, $400, and yellow-green enamel ring, $550, caroletanenbaum.com*

30s HEIDI KLUM

Fresh shades and prints that pop are easy ways to wake up those I-want-to-wear-them-everywhere jeans.

Think oodles more stylish than a T-shirt, but just as comfy. *Robert Graham Kalie silk top, $198, 877-717-7466*

Faded-wash denim is most stylish when it's cuffed and cropped. *Joe Fresh cotton-blend jeans, $39, joefresh.ca*

Be it a bag or shoes, there's always room for another pint-size hit of print. *Gap linen and PVC bag, $65, gapcanada.ca*

Artisan charm keeps oversize baubles from being OTT. *Fab Accessories, $280, fabaccessories.com*

40s SARAH JESSICA PARKER

Turn heads in graphic patterns, a figure-flattering silhouette and accessories with just the right amount of flash.

Proof you can be 60% covered up and still be 100% sexy — a fit 'n' flare dress is a must-have. *BB Dakota polyester dress, $122, bbdakota.net*

Glinting baubles in refined shapes echo a retro-chic vibe. *Carole Tanenbaum Vintage Collection Boucher black and crystal necklace, $850, and diamanté bow earrings, $350, caroletanenbaum.com*

Put your foot down with fashionable flair in snakeskin-print platform heels.

Le Château suede heels, $110, lechateau.com

30-SOMETHING

"Nail polish is better than a trip to the therapist," quips Essie Weingarten, founder and creative director of Essie. It certainly has fueled a healthy business for the New Yorker who celebrates the brand's 30th anniversary in 2012—that's 700 shades and counting. Our fave new hue? A pastel lilac called To Buy or Not To Buy, $10, essie.com

WRIST SHOTS

ONE-MINUTE MIRACLE

Pile on the beads. A little boho, a little deco, a little ladylike: we view this season's runway trend of multi-strand necklaces a quick and easy way to update the simplest of wardrobe pieces.
Quartz and crystal beads, $395, kumaris.ca

For more great style tips, visit TheKit.ca

PREPPY

Play along with Gianfranco Ferré-style stripes, polka dots and colour-blocked patterns.
Winners narrow-hinged bangle with colour-blocking, $20, winners.ca. Banana Republic chevron bangle in pink and navy, $62, bananarepublic.ca. Hermès diamon-patterned enamel bangle, $795, hermes.com. Birks Art Deco Collection by Roberto Coin square bangle bracelets in enameled sterling silver, from $395, birks.com

BEJEWELLED

Dress like a princess—make that a queen—with a bevy of bejewelled bangles. *Swarovski Rarely bangle, $575, swarovski.com. Rita Tesolin crystal with green deco-style cuff, $365, ritatesolin.com. Chanel golden metal bracelet with glass stones, $3,375, chanel.ca. Elsa Corsi crystal hinged cuff, $1,200, elsacorsi.com*

ORGANIC

Take your cue from Donna Karan and get inspired by wood and the natural world. *Winners faux-wood and resin wide bangle, $17, winners.ca. Dandi Maestre raw wood bangle, $150, dandimaestre.com. Le Château faux-bark plastic bangle, $13, lechateau.com. Michael Kors ebony-coloured wood bangles with pavé detail, $210 each, 866-733-5677*

KOOL-AID

Pile on the plastic fantastic à la Hermès with punchy colour and bold shapes. *Hermès orange and green wood lacquer bangle, $275, hermes.com. Expression green cuff, $16, thebay.com. Carole Tanenbaum 1960 pink bangle, $250, caroletanenbaum.com. Lacoste navy and black cuff, $100, lacoste.com*

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4 SPORTS

Senators preview

New Jersey at Ottawa, 7:30 p.m. (Sportsnet East)

The Senators (37-26-10) host New Jersey (41-26-5), which is playing its second game in two nights. The Devils played the Rangers on Monday. Ilya Kovalchuk has 10 points in his last 10 games. Zach Parise has one goal in his last eight games and rookie Adam Henrique hasn't scored in 15 games. Travis Zajac (Achilles) has been cleared to rejoin New Jersey but it is unclear when he will play.

THE CANADIAN PRESS

Peyton Manning, left, takes a tour with Denver Broncos executive John Elway, right, and coach John Fox on March 9. AP PHOTO/THE DENVER POST

Manning picks the Broncos

NFL. Work underway on finalizing deal between former Colts QB and Denver

The Denver Broncos got their Man. Make that Peyton Manning.

Pending final contract negotiations, Manning will join John Elway's Broncos with hopes of winning another Super Bowl.

So much for Tebowmania.

Still to be decided is what happens to last season's quarterback sensation, Tim Tebow.

The Broncos and Manning agent Tom Condon spent Monday working out parameters of a deal expected to be worth about $95 million over five years after the NFL's only four-time MVP called Elway, the Broncos' revered QB-turned-executive, and told him he had decided to come to Denver.

Tennessee Titans owner Bud Adams also said Manning let him know that he had picked the Broncos. Adams released a statement Monday confirming the Titans were out of the running and later said to The Tennessean: "He called me himself and told me he wasn't coming, that he made his mind up to go with Denver."

Besides the Titans, the San Francisco 49ers had been a finalist in the chase for Manning, who turns 36 on Saturday and missed all of 2011 because of multiple neck surgeries.

ESPN first reported the record-setting quarterback instructed his agent to negotiate the details of a deal with the Broncos, less than two weeks after the Indianapolis Colts released him rather than pay a $28-million bonus.

"I think it's a great place for him," Broncos defensive end Robert Ayers said outside the Broncos' complex. "I don't think he made a bad decision. I think he made a great decision. Hopefully we can prove him right and hopefully we can win a lot of games here."

Despite being sidelined all of last season, Manning's success in the past — the Colts averaged a 12-4 record from 2001-10 — made him by far this off-season's top potential signing and perhaps the most desired free agent ever.

He was wooed to Denver by Hall of Fame quarterback Elway, who led the Broncos to two Super Bowl championships and now serves as their vice-president of football operations.

THE ASSOCIATED PRESS

Analysis

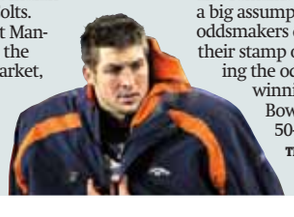
Opportunity trumps Tebowmania

The images were indelible for Denver fans or anyone watching on TV as Tebowmania swept the nation.

On the sidelines, Tim Tebow was Tebowing after scoring yet another late touchdown. In his box upstairs, John Elway was trying his best to look excited about a quarterback he could barely stand to watch.

It was a shotgun marriage from the beginning, this unlikely pairing of a Hall of Fame passer with a quarterback who never seems comfortable in the pocket. Now they are likely to divorce, because with Peyton Manning coming aboard there's going to be a different kind of mania sweeping the mile-high city.

For that, Bronco fans can thank the good people running the Indianapolis Colts. Without Manning on the open market, Elway likely would have been forced by popular demand to keep Tebow. Manning gave him an opening, and Elway reacted like the gambling quarterback he once was in landing the kind of quarterback he always wanted.



The move was brilliant, assuming Manning is healthy and remains healthy. That's a big assumption, but Vegas oddsmakers quickly gave it their stamp of approval, lowering the odds of the Broncos winning the Super Bowl from as high as 50-1 to 10-1.

THE ASSOCIATED PRESS

Baseball

Knee problems will likely send Utley back to DL

Chase Utley will likely start the season on the disabled list for the second straight year because of problems with both knees.

The five-time All-Star second baseman left camp to see a specialist, and it's uncertain when he'll be ready to play for the Philadelphia Phillies.

THE ASSOCIATED PRESS

Soccer

Bolton player Muamba shows signs of recovery

English soccer player Fabrice Muamba began breathing independently and responding to family members on Monday, showing significant signs of recovery in intensive care two days after suffering a cardiac arrest during a match.

The 23-year-old Bolton midfielder collapsed on the pitch just before halftime at Tottenham on Saturday. Initial attempts to resuscitate him were unsuccessful, and his heart started beating on its own again only later in the hospital.

THE ASSOCIATED PRESS

NHL

Preds GM expects Radulov soon

The Nashville Predators believe Alexander Radulov is ready to return to the NHL.

General manager David Poile released a statement Monday saying that "every indication" is that Radulov will rejoin the Predators in the "near future."

Radulov spent two seasons with the Predators before bolting to the newly formed KHL in 2008 even though he had one year remaining on his entry-level contract with Nashville.

THE ASSOCIATED PRESS

NFL

Panthers add a running back

The Carolina Panthers have added more depth to their already deep stable of running backs.

The Panthers announced Monday they've signed free agent Mike Tolbert from the San Diego Chargers.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	71	44	20	2	5	195	158	95	24-9-0-2	20-11-2-3	4-5-1-0	L2
d-Boston	71	41	27	1	2	228	178	85	21-13-1-1	20-14-0-1	4-6-0-0	W1
d-Florida	71	35	23	5	8	180	197	83	20-9-1-7	15-14-4-1	6-3-0-1	W4
Pittsburgh	71	44	21	3	3	231	180	94	24-8-2-0	20-13-1-3	9-0-1-0	L1
Philadelphia	72	42	22	2	6	231	204	92	19-10-1-4	23-12-1-2	8-1-0-1	W1
New Jersey	72	41	26	2	3	198	187	87	20-13-0-3	21-13-2-0	6-3-1-0	L1
Ottawa	73	37	26	6	4	221	213	84	19-14-2-2	18-12-4-2	5-3-0-2	L1
Washington	72	36	30	3	3	193	205	78	23-10-1-2	13-20-2-1	5-4-1-0	L2
Winnipeg	72	34	30	4	4	192	203	76	23-11-1-3	11-19-3-1	5-4-0-1	L1
Buffalo	72	33	29	4	6	180	204	76	18-11-3-5	15-18-1-1	6-2-0-2	L2
Carolina	73	29	29	9	6	194	217	73	18-13-1-5	11-16-8-1	5-3-2-0	W3
Toronto	72	32	32	4	4	208	219	72	16-13-3-3	16-19-1-1	3-6-0-1	W2
Tampa Bay	71	32	32	4	3	199	240	71	21-13-1-1	11-19-3-2	5-4-1-0	L2
NY Islanders	72	29	32	7	4	168	211	69	15-16-5-1	14-16-3-2	3-4-2-1	W1
Montreal	73	28	33	3	9	191	203	69	13-15-2-7	15-17-2-2	4-3-2-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	73	46	19	1	7	189	142	100	28-4-1-3	18-15-0-4	7-2-0-1	W1
d-Vancouver	71	43	20	1	7	223	180	94	21-10-0-4	22-10-1-2	4-4-1-1	W1
d-Dallas	72	39	28	1	4	189	192	83	20-13-0-3	19-15-1-1	7-2-0-1	L2
Nashville	71	42	21	3	5	206	186	92	23-8-2-3	19-14-1-2	6-3-0-1	W1
Detroit	72	44	24	2	2	221	174	92	28-4-1-1	16-20-1-1	3-6-1-0	L4
Chicago	73	40	25	4	4	222	212	88	25-7-1-4	15-18-3-0	7-2-0-1	W3
Phoenix	73	36	26	3	8	191	188	83	18-12-2-4	18-14-1-4	3-5-0-2	W1
Colorado	74	39	30	3	2	194	195	83	21-15-0-1	18-15-3-1	6-3-0-1	W1
San Jose	71	36	25	5	5	194	181	82	21-11-2-1	15-14-3-4	4-3-1-2	W2
Los Angeles	72	35	25	5	7	167	157	82	19-13-0-4	16-12-5-3	7-3-0-0	W3
Calgary	73	34	26	5	8	182	199	81	20-9-1-5	14-16-4-3	6-1-1-2	L2
Anaheim	73	30	32	5	6	180	203	71	19-16-2-0	11-16-3-6	3-6-1-0	L2
Minnesota	71	29	32	2	8	153	199	68	15-15-1-3	14-17-1-5	2-7-0-1	L3
Edmonton	72	28	36	3	5	190	213	64	18-15-2-3	10-21-1-2	3-5-1-1	L1
Columbus	72	23	42	2	5	166	231	53	13-20-1-2	10-22-1-3	5-5-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Toronto at Boston
New Jersey at N.Y. Rangers
Buffalo at Tampa Bay
Washington at Detroit
Vancouver at Minnesota
Anaheim at San Jose
Sunday's results
Columbus 2 Calgary 1 (SO)
Phoenix 3 Edmonton 2 (SO)
Carolina 4 Winnipeg 3
Philadelphia 3 Pittsburgh 2 (OT)
Chicago 5 Washington 2
Nashville 3 Anaheim 1
Tonight's games
N.Y. Islanders at Toronto, 7 p.m.
Florida at Philadelphia, 7 p.m.
Winnipeg at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Edmonton at Nashville, 8 p.m.
Phoenix at Dallas, 8:30 p.m.
Calgary at Colorado, 9 p.m.
San Jose at Los Angeles, 10:30 p.m.
Tomorrow's games
Montreal at Buffalo, 7 p.m.
Florida at Carolina, 7 p.m.
Detroit at N.Y. Rangers, 7:30 p.m.
Vancouver at Chicago, 8 p.m.
St. Louis at Anaheim, 10 p.m.

SUNDAY

HURRICANES 4, JETS 3

First Period
1. Carolina, Jokinen 11, 7:41 (sh)
2. Winnipeg, Antropov 13 (Stapleton, Stuart) 11:41
Penalties — Jokinen Car (slashing) 4:08, Joslin Car (cross-checking) 7:30, Allen Car (boarding) 8:05, Wheeler Wpg (hooking) 12:12, Burmistrov Wpg (boarding) 13:07, Kane Wpg (tripping) 17:49.
Second Period
3. Carolina, Staal 20 (Brent, Tlusty) 5:46 (pp)
4. Winnipeg, Miettinen 1 (Kane, Enstrom) 10:29 (pp)
5. Winnipeg, Miettinen 2 (Machacek) 18:54
Penalties — Stuart Wpg (interference) 5:21, Dwyer Car (high-sticking, fighting), Machacek Wpg (roughing, fighting) 6:09, Tlusty Car (hooking) 8:29, Bogosian Wpg (charging, game misconduct; served by Wellwood) 10:41, Ruutu Car (interference) 14:25.
Third Period
6. Carolina, Staal 21 (Jokinen) 10:24
7. Carolina, LaRose 17 (Staal, Jokinen) 18:38
Penalties — None.
Shots on goal by

Carolina	7	9	19	35
Winnipeg	12	7	14	33

Goal — Carolina: Ward (W,26-21-12); Winnipeg: Pavelec (L,27-24-7).
Power plays (goals-chances) — Carolina: 1-5; Winnipeg: 0-5.
Referee — Dean Morton, Chris Rooney. **Linesmen** — Mark Wheler, Derek Nansen.
Attendance — 15,004 (15,004).

COYOTES 3, OILERS 2 (SO)

First Period
No Scoring.
Penalties — Yandle Phx, Petrell Edm (fighting) 1:25, Jones Edm (roughing) 4:29, Hanzal Pho (holding the stick) 5:40.
Second Period
1. Edmonton, Eberle 32 (Jones) 6:53
2. Edmonton, Hemsky 6 (Petry, Smid) 7:26
Penalties — None.
Third Period
3. Phoenix, Whitney 22, 7:58
4. Phoenix, Torres 14 (Brule) 17:37
Penalties — None.
Overtime
No Scoring.
Missed penalty shot — Yandle Phx, 2:42.
Penalty — Yandle Phx (kneeing) 0:27, Petry Edm (hooking) 4:21.
Shootout
Phoenix wins 2-1
Phoenix (2) — Boedker, goal; Whitney, goal.
Edmonton (1) — Eberle, miss; Gagner, goal; Nugent-Hopkins, miss.
Shots on goal by

Phoenix	12	12	12	6—42
Edmonton	9	16	12	1—38

Goal — Phoenix: Smith (W,32-18-8); Edmonton: Dubnyk (L,16-17-2).
Power plays (goals-chances) — Phoenix: 0-2; Edmonton: 0-2.
Referees — Mike Hasenfratz, Greg Kimmerly.
Linesmen — Brian Mach, Brian Murphy.
Attendance — 16,839 (16,839).

BLUE JACKETS 2, FLAMES 1 (SO)

First Period
1. Columbus, Nikitin 5 (Lebda, Boyce) 13:03
Penalties — Giordano Cal (hooking) 7:32, Boll Clb, Desbiens Cal (fighting) 13:10, Moore Clb (hooking) 16:35.
Second Period
No Scoring.
Penalties — Boll Clb (illegal check to head) 6:31, J.Johnson Clb (hooking) 15:42.
Third Period
2. Calgary, Stajan 7 (Glencross, Comeau) 8:34
Penalties — Columbus bench (too many men; served by Prospal) 2:18, Glencross Cal (slashing) 3:45, Dorsett Clb (interference), Glencross Cal (high-sticking) 6:13.
Overtime
No Scoring.
Penalties — None.
Shootout
Columbus wins 1-0
Columbus (1) — Nash, miss; Letestu, miss; J.Johnson, miss; Atkinson, goal.
Calgary (0) — Tanguay, miss; Jokinen, miss, Glencross, miss; Iginla, miss.
Shots on goal by

Columbus	5	3	9	1—18
Calgary	7	16	6	2—31

Goal (shots-saves) — Columbus: Sanford (2-2), Mason (W,12-23-3)(14:37 first, 29-28); Calgary: Kiprusoff (L,31-19-9).
Power plays (goals-chances) — Columbus: 0-2; Calgary: 0-4.
Referees — Mike Leggo, Rob Martell. **Linesmen** — Mike Cvik, Vaughan Rody.
Attendance — 19,289 (19,289).
TORONTO

NHL Scoring leaders THE CANADIAN PRESS
Unofficial National Hockey League scoring leaders following Sunday's games:

SCORING LEADERS

	G	A	Pt
Malkin, Pgh	41	47	88
Stamkos, TB	50	34	84
Giroux, Pha	26	58	84
Kessel, Tor	35	40	75
Spezza, Ott	29	46	75
Kovalchuk, NJ	30	42	72
Hossa, Chi	28	43	71
Karlsson, Ott	19	52	71
Eberle, Edm	32	38	70
Tavares, NYI	31	39	70
H.Sedin, Vcr	13	57	70
Neal, Pgh	32	36	68
Elias, NJ	24	44	68
Thornton, SJ	16	52	68
D.Sedin, Vcr	30	37	67
Lupul, Tor	25	42	67
Ra.Whitney, Phx	21	46	67
Gaborik, NYR	35	31	66
Eriksson, Dal	25	40	65
Hartnell, Pha	35	29	64
Pominville, Buf	25	39	64
St. Louis, TB	23	41	64

Not including last night's games

MLB

SPRING TRAINING

Yesterday's results
St. Louis 4, Atlanta 3
Houston 7, Miami 4
Philadelphia 4, Detroit 3
Minnesota 8, Boston 4
Cincinnati 1, Chicago White Sox 0
Chicago Cubs vs. Seattle
L.A. Dodgers vs. Cleveland
Arizona vs. Oakland
Milwaukee vs. Texas
L.A. Angels vs. Colorado
Today's games
All times Eastern
Atlanta vs. Detroit at Lakeland, Fla., 1:05 p.m.
St. Louis vs. Houston at Kissimmee, Fla., 1:05 p.m.
Tampa Bay vs. Miami at Jupiter, Fla., 1:05 p.m.
Philadelphia vs. Baltimore at Sarasota, Fla., 1:05 p.m.
L.A. Angels vs. Kansas City at Surprise, Ariz., 4:05 p.m.
Seattle vs. Cincinnati at Goodyear, Ariz., 4:05 p.m.
Milwaukee vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.
Chicago Cubs (ss) vs. Oakland at Phoenix, 4:05 p.m.
Texas vs. Chicago Cubs (ss) at Mesa, Ariz., 4:05 p.m.
San Francisco vs. Arizona at Scottsdale, Ariz., 4:10 p.m.
Washington vs. N.Y. Mets at Port St. Lucie, Fla., 6:10 p.m.
Pittsburgh vs. N.Y. Yankees at Tampa, Fla., 7:05 p.m.
Toronto vs. Boston at Fort Myers, Fla., 7:05 p.m.
Colorado vs. San Diego at Peoria, Ariz., 10:05 p.m.

SOCCER

MLS

Sunday's Games
Colorado 2, Philadelphia 1
Los Angeles 3, D.C. United 1
Friday, March 23
All times Eastern
Houston at Seattle FC, 10 p.m.
Saturday, March 24
San Jose at Toronto FC, 1 p.m.
Portland at New England, 4 p.m.
Montreal at Columbus, 4 p.m.
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Real Salt Lake, 9 p.m.
D.C. United at Vancouver, 10 p.m.
Sunday, March 25
Colorado at New York, 4 p.m.
FC Dallas at Sporting Kansas City, 7 p.m.

SPAIN

PRIMERA DIVISIÓN

Yesterday's result
Espanyol 3 Racing Santander 1

ITALY

SERIE A

Yesterday's result
Roma 1, Genoa 0

PORTUGAL

Yesterday's result
Gil Vicente 2, Sporting Lisbon 0

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	37	10	.787	—
d-Miami	33	11	.750	2½
Orlando	29	17	.630	7½
d-Philadelphia	26	20	.565	10½
Indiana	25	18	.581	10
Atlanta	26	19	.578	10
Boston	23	21	.523	12½
New York	21	24	.467	15
Milwaukee	20	24	.455	15½
Cleveland	16	26	.381	18½
Detroit	16	29	.356	20
Toronto	15	30	.333	21
New Jersey	15	31	.326	21½
Washington	10	34	.227	25½
Charlotte	7	37	.159	28½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	34	11	.756	—
d-San Antonio	29	14	.674	4
d-L.A. Lakers	28	17	.622	6
L.A. Clippers	26	18	.591	7½
Memphis	25	18	.581	8
Dallas	26	20	.565	8½
Denver	25	20	.556	9
Houston	24	22	.522	10½
Phoenix	23	22	.511	11
Utah	23	22	.511	11
Minnesota	22	24	.478	12½
Portland	21	24	.467	13
Golden State	18	24	.429	14½
Sacramento	16	29	.356	18
New Orleans	11	34	.244	23

d-division leader
Last night's results
Philadelphia 105, Charlotte 80
Boston at Atlanta
Cleveland at New Jersey
Chicago at Orlando
Minnesota at Golden State
Dallas at Denver
Sunday's results
Atlanta 103, Cleveland 87
L.A. Clippers 87, Detroit 83, OT
Sacramento 115, Minnesota 99
Memphis 97, Washington 92
Miami 91, Orlando 81
Phoenix 99, Houston 86
Utah 103, L.A. Lakers 99
Oklahoma City 111, Portland 95
Tonight's games
All times Eastern
L.A. Clippers at Indiana, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Toronto at New York, 7:30 p.m.
L.A. Lakers at Houston, 8 p.m.
Oklahoma City at Utah, 9 p.m.
Memphis at Sacramento, 10 p.m.
Milwaukee at Portland, 10 p.m.

LACROSSE

NLL

WEEK 12
Friday, Mar. 23
Philadelphia at Colorado, 9 p.m.
Saturday, Mar. 24
Toronto at Rochester, 7:30 p.m.
Buffalo at Calgary, 9 p.m.
Washington at Edmonton, 9 p.m.
Sunday, March 25
Colorado at Philadelphia, 4 p.m.
Minnesota at Washington, 8 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX—Reassigned RHP Will Inman to their minor league camp.
MINNESOTA TWINS—Optioned RHP Carlos Gutierrez, OF Rene Tosoni and INF Tsuyoshi Nishioka to Rochester (IL). Assigned RHP Jason Bulger, RHP Luis Perdomo, RHP Daryl Thompson, RHP Esmerling Vasquez, RHP P.J. Walters, C Chris Herrmann, C Dan Rohlfing, INF Aaron Bates and OF Wilkin Ramirez to their minor league camp.

NATIONAL LEAGUE

COLORADO ROCKIES—Optioned LHP Christian Friedrich and INF D.J. LeMahieu to their minor league camp. Assigned RHP Rob Scahill and RHP Josh Sullivan to their minor league camp. Announced OF Jamie Hoffman refused hit outright assignment and elected free agency.

FOOTBALL

NFL

ARIZONA CARDINALS—Released G Rex Hadnot and WR Chansi Stuckey.
BUFFALO BILLS—Re-signed WR Derek Hagan.
CAROLINA PANTHERS—Signed RB Mike Tolbert to a four-year contract.
CINCINNATI BENGALS—Re-signed S Reggie Nelson and CB Jason Allen.
DALLAS COWBOYS—Released G Kyle Kosier.
DENVER BRONCOS—Signed LB Joe Mays to a three-year contract.
DETROIT LIONS—Re-signed P Ben Graham to a one-year contract.
INDIANAPOLIS COLTS—Signed OL Mike McGlynn.
KANSAS CITY CHIEFS—Signed QB Brady Quinn and OT Eric Winston.
NEW ENGLAND PATRIOTS—Signed DE Trevor Scott and CB Marquice Cole.
NEW YORK GIANTS—Signed P Steve Weatherford to a five-year contract.
NEW YORK JETS—Signed S LaRon Landry to a one-year contract.
PHILADELPHIA EAGLES—Signed G-C Mike Gibson to a two-year contract and C-G Steve Vallos to a one-year contract.
TAMPA BAY BUCCANEERS—Announced DL Michael Bennett signed his tender offer.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Agreed to terms with F Terry Broadhurst on a two-year contract.
DETROIT RED WINGS—Reassigned RW Andrej Nestrasil to Grand Rapids from Toledo (ECHL).
NEW JERSEY DEVILS—Signed G Scott Wedgewood.
TAMPA BAY LIGHTNING—Signed G Sebastien Caron to a one-year contract and F Alex Killorn to a two-year contract. Recalled F Pierre-Cedric Labrie from Norfolf (AHL). Released F Bryan Brutlag.

SOCCER

MLS

NEW YORK RED BULLS—Signed MF Ryan Maduro.
SPORTING KANSAS CITY—Signed D Shawn Singh.

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No longer fighting for affection

NHL. Senators look to feed off of pro-Ottawa crowd after seeing fans divided for tilts vs. Canadiens and Leafs

Senators players tussle with the Maple Leafs at Scotiabank Place on Saturday night. FRED CHARTRAND/THE CANADIAN PRESS FILE

After two days of feeling like strangers in their own home, the Ottawa Senators are expecting a warmer welcome Tuesday at Scotiabank Place.

The Senators played in a hostile environment over the weekend as visits from the Montreal Canadiens and Toronto Maple Leafs brought out fans with little affection for the home team.

A visit by the New Jersey Devils on Tuesday should restore things back to normal.

"New Jersey doesn't have a custom of bringing a lot of their fans here," Senators captain Daniel Alfredsson said. "It's still a good atmosphere when we play Montreal and Toronto at home even though the crowds are biased. It's a good atmosphere and that's what you want. Instead of having 8,000 just Sens fans I think everybody prefers a full building and everything that comes with it."

Alfredsson was booed by boisterous Toronto fans nearly every time he touched the puck during Saturday night's 3-1 loss.

While the Senators say they enjoy the energy that Habs and Leafs fans bring, they admit having the crowd firmly on their side provides an extra boost.

"The crowd definitely gets you riled up and when your fans are really going you can feed off of that and you can get that extra boost of momentum," said Senators winger Nick Foligno.

Foligno believes playing in a hostile environment on home ice has helped make the team mentally stronger.

"It's definitely tougher in those games, but it just makes you play through it and play harder," he said.

With nine games remaining and four at home, the Senators would like to make the most of a friendly environment.

"We look forward to trying to finish strong at home here," said Alfredsson. "We've done a good job on the road and I think we can push ourselves and be better at home and keep it simpler at home as well."

Ben Bishop will start in net against the Devils nearly four weeks after goalie Craig Anderson cut his hand preparing food. Anderson took part in full practice Monday, but coach Paul MacLean says no decision will be made regarding his status until at least Thursday.

THE CANADIAN PRESS

Fan invasion

"Coming into those games we joke that we have to get the crowd out of it and it's kind of true, so it will be nice to have all the fans behind us again."

Senators forward Nick Foligno on playing host to the Canadiens and Maple Leafs.

Practice notes

Senators centre Jason Spezza missed practice Monday to attend Canadian skier and close friend Nik Zoricic's funeral.

- **Defenceman Matt Gilroy** also missed practice to attend his cousin's wake.

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8 Mths old, tan in color
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(613)232-9722

5 Never used light up Angels
Asking $40.00 each paid 89.99 If you buy more than one price is neg.
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CERAMIC KILN - 50 amps, 60 HZMI Euclid Model LT-3K240VAC. Comes with books & accessories. Asking $600
Located in Ottawa 416-618-4944

FREE TV's
2 older 20" TVs (I have a remote for one of them) with a wood grain cabinet that I am offering for free. **613-421-4000**

SEARS OUTBOARD MOTOR 5 HP
Good condition
Asking $400.00
Call Brian at 613-744-8236

SONY WEJA 36 in TV
Flat front, 10 years old, great condition
$150 with cabinet - worth over $2000
819-771-5386

2 New Brown Sauder bookcases.
Never opened. Abbey oak finish. 5 shelf unit and 3 are adjustable shelves. **Asking $100**
35 1/4 x 69 3/4 **613-247-0822**

5 pc matching dresser set.
Comes with large dresser w/ mirror, 2 night stands and a chest dresser. **$550.00 OBO.**
Cannot deliver. **613-247-0822**

DECK BOX
4'5" w x 2'8" d x 2'3.75" h (130 x 81 x 70 cm) with 17.2 cu. ft. of capacity.
$45.00 **613-421-4000**

Frigidaire front load dryer
Good working condition and with warranty. $199.00
613 864-5307

SET OF GOLF CLUBS
Walter Hogan - right handed + 2 new golf bags (1 of them Wilson)
$100 OBO **613-565-1912**

Toaster Oven
Moving must sell
$50.00
(613)722-6699

2 TICKETS for Alice Sara Ott (orchestra level) South Ham Hall, Tues, March 20/12 National Art Center. Valued at $145
Sell both for $70 **613-680-2066**

7 EDITIONS OF
NEIL DONALD WALSH
CONVERSATIONS WITH GOD
$70 **613-248-3520**

ENSURE + Nutritional Meal Replacements Drinks. MOVING NEED GONE ASAP! 6-12 can cases of Strawberry. $10/case
226-663-3614

GE Profile self-clean gas stove **$359.00** very good working condition/ with warranty. It comes with spare new burners and rack kit. Please call **613 864-5307**

Solid CD tower holds numerous CD's. Black in color and quite stylish. In excellent condition. $5.00 for each rack.
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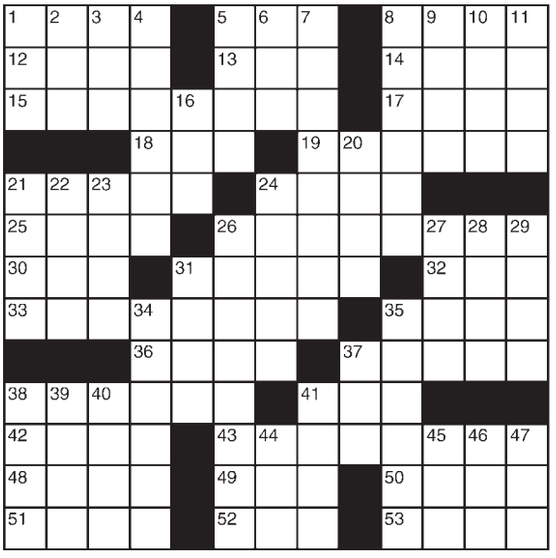
Crossword



Across

1 Tire-changing aid
5 Spring mo.
8 Got bigger
12 Shaving cream additive
13 Fish eggs
14 Greek vowel
15 Fundraising events
17 Toe woe
18 Shell game item
19 Make money (from)
21 Ill-tempered one
24 "Groovy!"
25 Go sightseeing
26 Try to touch your toes, maybe
30 Blackbird
31 Logic
32 Raw rock
33 Sodium — (food preservative)
35 Tarzan's transport
36 Not all mine
37 "America's Next Top —"
38 Man's hat style
41 It's between jay and el
42 Egg
43 C-note
48 Toll road
49 CSA leader
50 Fence opening
51 Coaster
52 — out a living
53 Formerly, formerly

Down

1 Poke
2 Brewery product
3 Opposed to
4 Big enough fish, maybe
5 Met melody
6 Cauldron
7 Answer
8 Male escort
9 Santa's runway
10 Needle case
11 1/746 horsepower
16 Not many
20 Took the train
21 Impale
22 Sharpen
23 Destroy
24 Small change
26 Not too bad
27 Null partner
28 Sea eagle
29 Spool
31 Tart to the taste
34 Sped
35 Trip
37 Army rank (Abbr.)
38 Dandies
39 Satanic
40 Carolina campus
41 Dandling site
44 "A mouse!"
45 Scratch the surface
46 "— Impossible"
47 Butterfly catcher

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

A	P	P		C	R	A	M	S		P	A	R
S	E	E		H	E	L	O	T		A	R	E
P	A	N	T	O	M	I	M	E		N	I	L
			O	R	O		M	A	Y	D	A	Y
M	U	P	P	E	T		A	L	O	E		
I	R	A		S	E	A		S	U	R	G	E
C	A	N	S		S	I	R		R	I	L	L
A	L	O	H	A		M	O	B		N	U	S
		R	E	D	O		B	U	N	G	E	E
S	L	A	L	O	M		B	R	A			
H	A	M		P	A	N	E	G	Y	R	I	C
O	V	A		T	H	E	R	E		E	V	A
P	A	S		S	A	T	Y	R		D	E	B

Sudoku

		4		3	9			
		1	6			4		
			7				2	6
		9	3			2		5
	3						1	
4		8			5	7		
6	1				7			
		5			6	8		
			9	1		6		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer

8	7	1	4	2	3	9	6	5
3	2	6	9	7	5	1	4	8
9	5	4	6	8	1	3	2	7
4	6	2	3	5	8	7	1	9
7	3	8	2	1	9	6	5	4
1	9	5	7	6	4	8	3	2
5	4	3	1	9	7	2	8	6
2	8	7	5	3	6	4	9	1
6	1	9	8	4	2	5	7	3

Send a kiss

- **My Angel** Remember every time your gaze at the beautiful stars, that I am as well. And every time I do, I'm thinking of you. We used to dance in a gazebo by the ocean to our favourite tunes. I miss your touch and your love. I'm forever with you in my heart. From Tristan
- **mylizz** This time its all my swag out the window! Don't you ever think about us with warm memories? Remember when you put your arms around me as I played 'fast car' for you?, or when we were so taken with each other we missed our stop and ended up on the other side of the city? Or our hair freezing on our way to Boom after a hot shower :P?! I just can't shake it all! Can you? I need closure, one more day, one more night with you! From hopelessly hoping
- **To:Strange-I dont Understand.** I may know the answer to your questions, if you're looking for me of course... which seems so unprobable..but I posted something on here thursday. Is it a White Honda Civic and today was a nice day for a walk. From Just a guy

Horoscope

Aries | March 21 - April 20. With the Sun moving into your birth sign this is the perfect time to let go of all those things that are holding you back.

Taurus | April 21 - May 21. You will find yourself up against someone today who is at best unhelpful and at worst downright hostile.

Gemini | May 22 - June 20. You may not be able to get your own way today but is that really a bad thing?

Cancer | June 21 - July 22. You are determined to prove yourself, and you will.

Leo | July 23 - Aug. 22. The Sun moves in your favour today, making it easier to develop your own ideas and your own way of doing things.

Virgo | Aug. 23 - Sept. 22. Don't take anything on trust. Sometimes, like now, it can pay to be a bit suspicious.

Libra | Sept. 23 - Oct. 22. The effort you have put into a project of some kind has not been wasted.

Scorpio | Oct. 23 - Nov. 21. By all means set yourself a new target today but don't make it so way out there that failure is more likely than not.

Sagittarius | Nov. 22 - Dec. 21. If you are too critical of a friend or colleague today you might turn them against you, so keep that wagging Sag tongue of yours under control!

Capricorn | Dec. 22 - Jan 20. If you find yourself at odds with someone you live or work with today it might be best to back off and let them have the last word.

Aquarius | Jan. 21 - Feb 18. If someone offers to do you a favour today make sure you know what they expect of you in return.

Pisces | Feb. 19 - March 20. If you get the chance to make some money in a way that is not entirely in line with your principles you would be wise to turn it down. There are many ways to be rich.

SALLY BROMPTON

Caption Contest

"Hey look!! I'm air planking!!"
Diana

DARKO BANDIC/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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